

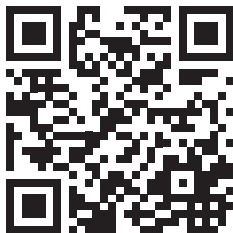




*Workouts and diets  
can be challenging,  
**so let's have  
an easy start!***

**1.** Insert AAA batteries!

**2.** Download app:  
[www.runtastic.com/  
apps/libra](http://www.runtastic.com/apps/libra)



**3.** Get connected!

DE

## ***Installationsanleitung***

Lege die mitgelieferten 3 Stück AAA Batterien in die Waage ein.

Verwende die mitgelieferten Teppichfüße auf einem Teppichboden.

Lade dir die kostenlose Runtastic Libra App aus dem App Store herunter.

Starte nun die Runtastic Libra App und folge den Anweisungen.

EN

## ***Setup instructions***

Insert the 3 included AAA batteries.

Attach the included carpet feet when using the scale on a carpet.

Download the free Runtastic Libra app from the App Store.

Start the Runtastic Libra app and follow the instructions.

FR

## ***Guide d'installation***

Installez les trois piles AAA incluses dans la balance.

Rajoutez les pieds d'appoints inclus si vous utilisez la balance sur une moquette.

Téléchargez l'application gratuite Runtastic Libra depuis l'App Store.

Démarrez l'application et suivez les instructions.

IT

## ***Istruzioni***

Inserisci le 3 pile AAA contenute nella confezione della bilancia.

Attacca i distanziali contenuti nella confezione per usare la bilancia sul tappeto.

Scarica l'applicazione gratuita Runtastic Libra dall'App Store.

Lancia l'applicazione Runtastic Libra e segui le istruzioni.

ES

## ***Instrucciones de instalación***

Introduce las 3 pilas AAA incluidas en la báscula.

Monta los pies incluidos para usar la báscula encima de una alfombra.

Descarga la app gratuita Runtastic Libra en la App Store.

Abre la app Runtastic Libra y sigue las instrucciones.

DK

## ***Brugsanvisning***

Sæt de 3 medfølgende AAA-batterier i.

Fastgør de medfølgende tæppe fødder, når du bruger vægten på et tæppe.

Download den gratis Runtastic Libra app fra App Store.

Start Runtastic Libra app og følg vejledningen.

NO

## ***Instruksjon***

Sett inn de 3 medfølgende AAA batteriene.

Fest de medfølgende teppeføttene når vekten benyttes på et teppe.

Last ned gratis Runtastic Libra App fra App Store.

Start Runtastic Libra app og følg instruksjonene.

SE

## ***Installation och instruktioner***

Sätt I de medföljande batterierna (3x AAA-batterier).

Fäst de medföljande fötterna om vågen skall stå på en matta.

Ladda ner gratis-Appen Runtastic Libra app från App Store.

Starta Runtastic Libra app och följ instruktionerna.

RU

## Инструкция по установке

Установи 3 прилагающиеся батарейки.

Используй прилагающиеся насадки на ковровом покрытии.

Загрузи бесплатное приложение в он-лайн магазине App Store.

Запусти приложение Runtastic Libra App и следуй указаниям.

NL

## *Installatiehandleiding*

Leg de meegeleverde 3 stuks AAA batterijen in het batterijvak van de weegschaal.

Gebruik de meegeleverde opzetstukken voor het wegen op een tapijt.

Download de gratis Runtastic Libra app uit de App Store.

Start nu de Runtastic Libra app en volg de aanwijzingen.

FI

## ***Asennusohjeet***

Aseta paikoilleen 3 laitteen mukana tullutta AAA-paristoa.

Kiinnitä mukana tulleet jalat, kun käytät vaakaa matolla.

Lataa ilmainen Runtastic Libra –sovellus App Storesta.

Käynnistä Runtastic Libra –sovellus ja seuraa ohjeita.

PT

## ***Instruções***

Introduz / Coloque as baterias AAA incluídas na escala.

Monta pés incluído para usar a escala sobre um tapete.

Baixar do aplicativo gratuito escala Runtastic na App Store.

Abre o aplicativo Runtastic Libra e siga as instruções.



## ENGLISH



# IMPORTANT SAFETY NOTES

READ THIS ENTIRE MANUAL, THE SAFETY SECTION AND ALL INSTRUCTIONS AND WARNINGS COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT. FOLLOW SAFETY INSTRUCTIONS AND WARNINGS TO AVOID HAZARDOUS SITUATIONS AND TO ALLOW FOR CORRECT USE OF THIS PRODUCT.

PLEASE FIND THE COMPLETE MANUAL UNDER THE FOLLOWING LINK:  
[www.runtastic.com/products](http://www.runtastic.com/products)



### WARNING

WARNING indicates a hazardous situation which, if not avoided, could result in death or serious injury.



### CAUTION

CAUTION indicates a hazardous situation which, if not avoided, may result in minor or moderate injury.

### NOTICE







NOTICE addresses practices not related to personal injury, such as product and/or property damage.



Observe the instructions for use.



Type B applied part.

	<p>Disposal in accordance with EC Directive 2002/96/EC – WEEE (Waste Electrical and Electronic Equipment).</p>
	<p>Means that batteries should not be disposed of with household waste!</p>
	<p>Operating temperature</p>
	<p>Operating humidity</p>
	<p>Protect from moisture</p>
	<p>The CE labeling certifies that the product complies with the essential requirements of Directive 93/42/EEC on medical products. Distributor (Importer): Beurer GmbH, Söflinger Str. 218, 89077 Ulm, Germany.</p>

## CLASSIFICATION

- a. Internally powered equipment;
- b. Type B applied part;
- c. IPX0;
- d. Not Category AP/APG equipment;
- e. Mode of operation: continuous operation.

## **FCC Compliance Statement (For US)**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: **(1)** this device may not cause harmful interference, and **(2)** this device must accept any interference received, including interference that may cause undesired operation.

### **NOTE:**

This equipment has been tested and found to comply with the limits of a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



Changes or modifications to this unit not expressly approved by the party responsible for compliance could void user's authority to operate the equipment.

## IC Statement (For Canada):

**EN:** This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: **(1)** this device may not cause interference, and **(2)** this device must accept any interference, including interference that may cause undesired operation of the device.

This Class [B] digital apparatus complies with Canadian ICES-003.



Operating temperature: +41°F to +104°F (+5°C to +40°C)



RH ≤ 95%

Operating humidity: 20 to 95% RH

## **BATTERY**



### **WARNING**

- Always keep batteries out of the reach of children. Batteries can be life threatening if swallowed. Therefore, keep the batteries and scale out of the reach of small children. If a battery is swallowed, medical assistance should be obtained immediately.
- Remove a drained battery from the scale promptly, otherwise it can leak. In this case avoid contact with skin, eyes and mucous membranes. Rinse any areas affected by battery acid immediately with plenty of clear water, and seek medical assistance immediately.



### **CAUTION**

- Batteries may not be charged or reactivated by other means, taken apart, thrown into fire or short circuited.
- If necessary, clean the battery contacts and also the counter contacts in the device.
- Danger of explosion if the battery is replaced incorrectly.
- Batteries are to be inserted with correct polarity.
- Never mix old and new batteries (replace all batteries at the same time).
- Never mix Alkaline, standard or re-chargeable batteries.

- Use only batteries of the same or equivalent types as recommended.
- Do not recharge non-rechargeable batteries.
- Never expose the batteries to excessive heat such as sunshine, fire or similar! Non-adherence to these instructions can lead to damage and sometimes even explosion of the batteries.

## NOTICE

- Clean the batteries' contacts and also those of the product prior to battery installation.
- The supply terminals are not to be short-circuited.
- Always remove exhausted or dead batteries.
- Remove the battery from the scale when not being used for long periods of time.
- Batteries can contain toxins that are harmful to health and the environment. Always dispose of batteries in accordance with applicable local regulation. Do not dispose of batteries with normal household waste.



If you wish to dispose of your scale you must comply with the applicable regulations. Products that are designated with the symbol below must not be disposed of as normal household waste. Details are provided by the community collection point.





## **WARNING**

- The scale should not be used by individuals with medical implants (i.e. pacemakers).  
The function of the implanted device may be impaired.
- The scale is not to be used during pregnancy.
- Not intended for use by children under 10.
- Do not stand on the scale with wet feet and do not step on the scale when its surface is wet – danger of slipping!
- You can find further important safety information in the complete manual which can be found under the following link:  
[www.runtastic.com/products](http://www.runtastic.com/products)

# DECLARATION OF CONFORMITY

EMC Directive 2004/108/EC, R&TTE Directive 1999/5/EC, RoHS Directive 2011/65/EU:

Short text of the conformity declaration: Krippel-Watches hereby declares that the Bluetooth scale (RUNSCA1) complies with the basic requirements and the other relevant provisions of the EMC Directive 2004/108/EC, RoHS Directive 2011/65/EU and the remaining relevant conditions of the R&TTE Directive 1999/5/EC.

You can access the full text of the conformity declaration on our homepage:  
[www.runtastic.com/products](http://www.runtastic.com/products)



# EMC COMPLIANCE DECLARATION

## ELECTROMAGNETIC COMPATIBILITY

### INFORMATION

Table 1

**For all ME EQUIPMENT and  
ME SYSTEMS**

Guidance and manufacture’s declaration – electromagnetic emissions		
The LIBRA is intended for use in the electromagnetic environment specified below. The customer or the user of the LIBRA should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The LIBRA uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	

Table 2


**For all ME EQUIPMENT and  
ME SYSTEMS**

Guidance and manufacturer's declaration – electromagnetic immunity			
The LIBRA is intended for use in the electromagnetic environment specified below. The customer or the user of the LIBRA should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

Table 3

**For ME EQUIPMENT and ME SYSTEMS  
that are not LIFE-SUPPORTING**

Guidance and manufacturer’s declaration – electromagnetic immunity			
The LIBRA is intended for use in the electromagnetic environment specified below. The customer or the user of the LIBRA should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	[E <sub>1</sub> ] V/m 3 V/m	<p>Portable and mobile RF communications equipment should be used no closer to any part of the LIBRA, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p><b>Recommended separation distance</b></p> $d = \left[ \frac{3,5}{E_1} \right] \sqrt{P} \quad 80 \text{ MHz to } 800 \text{ MHz}$ $d = \left[ \frac{7}{E_1} \right] \sqrt{P} \quad 800 \text{ MHz to } 2.5 \text{ GHz}$ <p>Where P is the maximum output power rating of the transmitter in watts (W)</p>

			according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, <sup>a</sup> should be less than the compliance level in each frequency range. <sup>b</sup> Interference may occur in the vicinity of equipment marked with the following symbol: 
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**NOTE 1** At 80 MHz and 800 MHz, the higher frequency range applies.

**NOTE 2** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the LIBRA is used exceeds the applicable RF compliance level above, the LIBRA should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the LIBRA.
- b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than [V1] V/m.

Table 4

**For ME EQUIPMENT and ME SYSTEMS  
that are not LIFE-SUPPORTING**

**Recommended separation distances between portable and mobile RF communications equipment and the LIBRA**

The LIBRA is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the LIBRA can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the LIBRA as recommended below, according to the maximum output power of the communications equipment.

Rated maximum outputpower of transmitter W	Separation distance according to frequency of transmitter m	
	80 MHz to 800 MHz $d = \left[ \frac{3,5}{E_1} \right] \sqrt{P}$	800 MHz to 2.5 GHz $d = \left[ \frac{7}{E_1} \right] \sqrt{P}$
0.01	0.117	0.233
0.1	0.368	0.737
1	1.167	2.333
10	3.689	7.37
100	11.667	23.333

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For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in meters (m) can be determined using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

**NOTE 1** At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

**NOTE 2** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

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## FRANÇAIS



# REMARQUES IMPORTANTES SUR LA SÉCURITÉ

LISEZ LA TOTALITÉ DE CE MANUEL, LA SECTION DE SÉCURITÉ ET TOUTES LES INSTRUCTIONS ET AVERTISSEMENTS COMPLÈTEMENT ET ATTENTIVEMENT AVANT D'UTILISER CE PRODUIT. OBSERVEZ TOUTES LES INSTRUCTIONS ET TOUS LES AVERTISSEMENTS DE SÉCURITÉ POUR ÉVITER LES SITUATIONS DANGEREUSES ET GARANTIR UNE UTILISATION APPROPRIÉE DE CE PRODUIT.

VOUS TROUVEREZ LE MANUEL COMPLET ICI :  
[www.runtastic.com/products](http://www.runtastic.com/products)



### AVERTISSEMENT

AVERTISSEMENT indique une situation dangereuse qui, si elle n'est pas évitée, pourrait causer la mort ou des blessures graves.



### ATTENTION

ATTENTION indique une situation dangereuse qui, si elle n'est pas évitée, pourrait provoquer une blessure mineure ou modérée.

## AVIS

AVIS désigne les pratiques non liées à des blessures, mais plutôt à des risques de dommages au produit et/ou à d'autres biens matériels.



Respectez les consignes du mode d'emploi.



Appareil de type B



Élimination conformément à la directive européenne 2002/96/CE - WEEE relative aux déchets d'équipements électriques et électroniques



Indique que les piles ne doivent pas être jetées avec les déchets domestiques.



Températures supportées



RH ≤ 95%

Humidité relative de l'air supportée



À protéger contre l'humidité



Le sigle CE atteste de la conformité aux exigences fondamentales de la directive 93/42/CEE relative aux dispositifs médicaux. Distributeur (Importateur): Beurer GmbH, Söflinger Str. 218, 89077 Ulm, Allemagne.



# PILES



## AVERTISSEMENT

- Tenez toujours les piles hors de portée des enfants. En cas d'ingestion, les piles peuvent représenter un danger mortel. Vous devez donc absolument garder les piles et la balance hors de portée des jeunes enfants. Si une pile est avalée, vous devez aussitôt faire appel à un médecin.
- Faites attention si les piles fuient ! Evitez tout contact avec la peau, les yeux et les muqueuses ! En cas de contact avec le liquide des piles, rincez immédiatement et abondamment les endroits concernés avec de l'eau et contactez immédiatement un médecin !



## ATTENTION

- Les piles ne doivent pas être chargées ou réactivées avec d'autres moyens, démontées ou jetées dans le feu ou court-circuitées.
- En cas de besoin, nettoyez et séchez intégralement à l'aide d'un chiffon légèrement humide, les contacts de l'appareil et des piles avant d'installer les piles.
- N'utilisez jamais différentes types ou marque de piles, ou de piles de capacités différentes.
- Vous devez toujours remplacer toutes les piles en même temps.
- Ne remplacez les piles que par un type de piles de même qualité.
- Faites attention à ce que la pile soit placée en respectant la polarité

# AVIS

- Si des piles sont usagées, retirez-les immédiatement pour éviter tout risque de fuite des piles.
- En cas de non utilisation prolongée, retirez également les piles. (Risque de fuite !)
- Les piles ne supportent pas la chaleur. Evitez tout échauffement trop important de la balance ainsi que des piles présentes à l'intérieur, par ex. près d'une source de chaleur ou sous le rayonnement direct du soleil. Le non respect de ces instructions peut entraîner des dommages et dans certains cas l'explosion des piles.
- Des températures inférieures à 0°C peuvent altérer la durée de vie des piles.
- Les piles sont des déchets spéciaux. Pour un recyclage correct des piles, des conteneurs appropriés sont mis à disposition dans les commerces vendant des piles ainsi que dans les points communaux de ramassage d'ordures.



Si vous voulez jeter votre balance, veuillez suivre les réglementations actuelles. Les produits avec ce symbole ne doivent en aucun cas être jetés dans les poubelles domestiques traditionnelles. Les responsables communaux du recyclage vous informeront sur ce sujet.





## AVERTISSEMENT

Cette balance ne doit pas être utilisée par des personnes munies d'implants médicaux (stimulateurs cardiaques, par exemple). Sinon leur fonctionnement risque d'en être perturbé.

Ne pas utiliser pendant la grossesse.

Ne convient pas aux enfants de moins de 10 ans.

Ne montez pas sur la balance avec les pieds mouillés et ne posez pas les pieds sur le plateau s'il est humide – vous pourriez glisser.

Vous trouverez d'autres consignes importantes de sécurité dans le manuel complet disponible ici :

[www.runtastic.com/products](http://www.runtastic.com/products)



Températures supportées : + 5°C à + 40°C (+ 41°F à + 104°F)



RH ≤ 95%

Humidité relative de l'air supportée : 20 à 95%

# DÉCLARATION DE CONFORMITÉ

Directive R&TTE 1999/5/CE, directive ROHS 2011/65/EU, directive CEM 2004/108/CE

Résumé de la déclaration de conformité : par la présente, Krippel-Watches déclare que le balance set conforme aux exigences élémentaires de base et aux autres dispositions de la directive 2011/65/EU, et aux autres spécifications en vigueur de la directive CEM 2004/108/CE, de la directive 2006/95/CE sur la basse tension et la directive 2009/125/CE sur l'écoconception.

Le texte complet de la déclaration de conformité est disponible sur notre page d'accueil : [www.runtastic.com/products](http://www.runtastic.com/products)

## Déclaration de conformité IC (pour le Canada) :

L'appareil est conforme aux standards CNR du Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée avec ces deux conditions suivantes : **(1)** l'appareil ne doit pas produire d'interférence, et **(2)** l'utilisateur de l'appareil doit accepter toute interférence radioélectrique subi, même si cette interférence est susceptible d'en compromettre le fonctionnement.

Cet appareil digital de classe B est conforme à la norme canadienne NMB-003.